

Durham Research Online

Deposited in DRO:

17 May 2013

Version of attached file:

Published Version

Peer-review status of attached file:

Peer-reviewed

Citation for published item:

Visram, S and Clarke, C and White, M (2011) 'Tell me about your childhood...using life grids to gather information on health-related behaviours and experiences across the life course.', *International journal of qualitative methods.*, 10 (4). p. 508.

Further information on publisher's website:

<http://ejournals.library.ualberta.ca/index.php/IJQM/issue/view/733>

Publisher's copyright statement:

Additional information:

Abstract of paper presented at the 17th Qualitative Health Research Conference, 'Research for Change: Impacting Society through Qualitative Research', October 25-27, 2011, Vancouver, Canada.

Use policy

The full-text may be used and/or reproduced, and given to third parties in any format or medium, without prior permission or charge, for personal research or study, educational, or not-for-profit purposes provided that:

- a full bibliographic reference is made to the original source
- a [link](#) is made to the metadata record in DRO
- the full-text is not changed in any way

The full-text must not be sold in any format or medium without the formal permission of the copyright holders.

Please consult the [full DRO policy](#) for further details.

building rapport and responding to technical difficulties.

Tell Me about Your Childhood... Using Life Grids to Gather Information on Health-Related Behaviours and Experiences across the Life Course

Shelina Visram

Northumbria University

Charlotte Clarke

Northumbria University

Martin White

Newcastle University

Socio-economic status and conditions are known to be key determinants of health and inequality. These factors exert influence over the life course, with both past and present health experiences being shaped by the wider social, economic and cultural context. Numerous epidemiological studies have employed a life course approach to investigate the ways in which health-damaging exposures or health-promoting opportunities contribute to social inequalities in health. Individual responses to these exposures are socially patterned and also influenced by experience. Qualitative research can be used to explore life experiences by emphasising a temporal and social perspective.

This paper examines the role of biography and context in shaping the health experiences of individuals living in socio-economically disadvantaged communities. In-depth interviews were conducted with a purposive sample of 23 participants in a lay-led health improvement intervention. A life grid approach was used to explore associations between past experiences and present health-related behaviours, and to reach a holistic understanding of different aspects of behaviour change. This paper will describe the life grid as a data collection method, present findings to offer insight into the participants' biographies, and discuss the contribution of multiple, cumulative disadvantage across the life course to contemporary health inequalities. Improved understanding of the factors that influence health behaviours and the likelihood of successful behaviour change will be of interest to policy makers and service planners. The paper also highlights the advantages and disadvantages of using a life grid approach in social (as opposed to epidemiological) research.

Texting Teens in Transition: Considering the use of social networking technology in research

Gwen Rempel

University of Alberta

Kathryn Rankin

University of Alberta

Louisa Fricker

University of Alberta

David Nicholas

University of Calgary

Joyce Magill-Evans

University of Alberta

Andrew Mackie

University of Alberta

Rapidly evolving social networking technologies are emerging as data generation sources and